

Boomer Beware! Happy Hormones?

Posted in: Boomers Beware (1-4)

The aging process plays a lot of tricks on us. Some are on the outside and others play out on the inside. Hormone and immune function are two that occur internally and can pack a punch by impacting our energy and physiological response to our work environment.

Here are some of the common age-related changes from the endocrine and immune systems:

- Decreased tolerance to heat or cold
 - Decreased inflammatory response
 - Increased risk of infections
 - Decreased insulin production and decreased thyroid function
 - Lower overall work capacity
- What to do?
- Take breaks each hour to stand up and stretch your upper body
 - Avoid work in hot or cold environments or ensure that appropriate clothing is available.
 - Where possible, avoid repetitive-motion work and encourage task rotation
 - Take precautions to avoid infection
 - Keep healthy snacks in the office and drink lots of water



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This article was
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